

## Perinatal Support Service

### We Are Looking For Volunteers

**Make a difference! Volunteering changes lives and it can change yours!**

**All Volunteering will be offered through telephone and video contact. We are currently practicing social distancing in line with government guidelines.**

#### Are you?

A good listener?

Non-judgmental?

Friendly and reliable ?

#### Do you?

Understand the emotional effects of pregnancy, birth and the demands of parenthood?

**Our Perinatal Support Service is needed more than ever by expectant mums and those with babies under one.**

**Many new parents experience low mood, social isolation or are struggling to care for their baby. You could make all the difference by sparing a couple of hours a week to provide emotional and listening support.**

**If you are interested please get in touch.**

**In return we can offer you full on-line training, ongoing support and the resources you will need.**

#### **If you are interested, get in touch**

Family Action  
Kenburgh House  
28 Manor Row  
Bradford  
BD1 4QU

**[perinatalsupport@family-action.org.uk](mailto:perinatalsupport@family-action.org.uk)  
or telephone 01274 505034**

